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2013 - May 14 thru May 28



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the temple & its
programs.

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Sangha e-Newsletter

Source: [Moon in a Dewdrop](#) [Kazuaki Tanahashi](#) -
[Eihei Dōgen Zenji](#)



Set aside all involvements
and let the myriad things
rest.

Zazen is not thinking of good,
not thinking of bad. It is not
conscious endeavor. It is not
introspection.

Do not desire to become a Buddha; let sitting or lying down drop
away.

Be moderate in eating and drinking. Be mindful of the passing of
time, and engage yourself in zazen as though you are saving your
head from fire.

Upcoming Events:

NEW! [Metta](#) Guided Meditation second and fourth
Fridays each month at 6pm - Lead by Rev Myō Lahey

Hartford Street Zen
Center is a 501(c)(3)
nonprofit organization.

Donations are tax-
deductible

Practice Schedule:

Sewing Abbot's Robe (with Tim Wicks for the Mountain Seat Ceremony, Oct 13th!) - Saturdays: May 18, Jun 1, 15 & 29... @noon

Dharma Talks - Rev. Myo Lahey Saturdays: May 18, May 25 @10:15am

Guest Speakers - In process of booking speakers now!
Updates soon on this...

Full Moon Ceremony - Saturday May 25 @11am (Full Flower Moon - Farmer's Almanac)

Sangha Council - In process of solidifying a date, stay tuned!

Founder's Memorial - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

Study Hour The Book of Serenity, we have books to share, feel free to drop in - Thursdays @7:30pm

Next Board of Directors' Meeting - Second Wednesdays of the month: June 12 @7:30pm (all are welcome to attend & observe)

Monday - Friday

6:00 am Zazen (seated meditation)
6:40 am Kinhin (walking meditation)
6:50 am Zazen
7:20 am Chanting
7:40 am Soji (brief temple cleaning)

6:00 pm Zazen
6:40 pm Chanting

Saturday

6:30 am Zazen
7:10 am Chanting
7:25 am Soji
8:30 am Drop-in instruction
9:25 am Zazen
10:15 am Dharma Talk
11:00 am Refreshments/Social

HIV Meditation Sitting Group

weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!
Thursdays & Fridays

10:30 am zazen
11:00 am socializing

Meditation in Recovery

(Men & Women)
weekly meditation group for men & women in recovery from addiction

Fridays, 7:30 pm - 9 pm



Terri & Keido/Joseph -- Spring 2013 HSZC Garden

This Issue:

We wanted to be sure all were aware of the release of a single volume, more gently priced (than prior print version) [Treasury of the True Dharma Eye](#). Translated by Kazuaki Tanahashi and his team of experts. It goes on sale today on Amazon or can be purchased directly through Shambhala Publications! If you're unfamiliar with this book (formerly printed in 2 volume books) it is an English translation of the [Shobo Genzo](#) a great body some, many, would say among the most important work by the founder of Japanese Sōtō Zen, Eihei Dōgen Zenji. It includes beautifully written verse, classic Chinese Zen (Ch'an) Stories brought and taught by Dogen in Japan and helps shed a lot of light on what it is we do in our little Castro Neighborhood Temple and why... Can not suggest it strongly enough if your looking to increase your understanding of this Soto Zen way... Or even picking up the [alternate translation](#) to English version is also an option, and there is another that comes in a 4 volume set.

From our Resident Practitioners: We are still seeking a dedicated fellow resident practice student. [Visit here](#) to see more detail & PLEASE spread the word to folks

Meditation in Recovery

(Women only)

monthly meditation group for women in recovery from addiction First Thursdays

7:15 pm - 8:45 pm

Hartford Street Zen Center is a Castro neighborhood temple & residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi established to support & engage the Queer Community and its allies.

we know especially those in the Zen or wider Buddhist Community!

Did you know? On our hszc.org website under contribute we have a page for objects we can use around the temple in addition to (of course) funds we need to keep us up and operating. It also lists projects in process you can jump in and help us complete. Just [visit here](#) and you can see what we mean and it is regularly updated!



Words from our Practice Leader: Reverend Myō Lahey August 12, '06

"You may have the thought, 'I hear the silence.' And the universe kind of says, 'that's right.' So that's pretty helpful, unless you get hung up on that, and go running around saying, 'You know what, the universe told me. I hear the silence.'"

And then that's not so helpful, and kind of obnoxious. So I wouldn't recommend that. If the universe says 'that's right', you say thank you universe, and go on with your steady, steady earth practice. And that's all, all you need to do."

Hartford Street History: December 1989 Newsletter - Article by Kijun Steve Allen

Maitri: The First Year

It's now been one year since the "hospice" began with the arrival of J.D. Kobezak. As many of you know, according to medical opinion J.D. was expected to die about two weeks later, but having been through so much not only is he still here but he shows no sign of leaving and his courage has been the inspiration for our first year. What also refuses to leave is the powerful experience of caring that has developed at HSZC during this time. Many people have come together over

NEW! Women's Sitting group

(Women only)

Sitting followed by Dharma talk then tea and cookies. Mostly Zen. A safe space open to all women to sit, hear the Dharma & get to know one another. Free but Dana is always appreciated. Suggested \$5

Kicks off Tues, September 3rd:
7pm-8:30pm.

the past year to create an environment of warm, heartfelt compassion and practical support for people with AIDS, and consequently for us all.

Our approach, initiated by Issan, has been to respond to the actualities of the present moment, which are outside our normal control (and understanding), we find ourselves initiated, by each encounter, into a new relationship with our intention and our ordinary activity. Something new and unexpected happens - an intimacy opens up that is not our usual experience of the present moment, and yet very familiar. This experience is at the heart of our "hospice" practice; and the seed from which we are forming the program.

Those of us searching for confirmation through the usual "business plan" approach find ourselves somewhat frustrated, if not completely baffled, by the enormous complexity of this simple approach. But time and again over the past year the "plan" approach has run into one snag after another and only careful adherence to the present moment has seen us through, and allowed us to take the next step. The challenge is to see if we are alert enough to drop everything and still stay present. Dropping those ideas is more painful, and can be more dangerous, than it looks...

From the Garden: Bamboo is getting a literal wrap up and then some dirt sifting for the new quiet corner of reflection of the lives come and departed at HSZC. In addition the base of the stair way is getting a rework as David works to make more social and usable space for things like ceremonies. If you haven't met our new friend the baby apple tree be sure to come by and say hello. He is the one that looks a bit like he is being kept restraint to the fence to not reach out and grab passersby, unsuspecting individuals, but rather this is intentional and not for our safety from his wrath, but rather he should grow nicely into a fence lining, fruit producing new family member (one day).



TWITTER Don't forget to visit Twitter for last minute schedule changes and to see if anyone is offering up a social "meet-up" opportunity when your looking for some social, outside of the ZC quality Sangha time!

Ascending the Mountain:

We are at the point of joining jo to jo (columns of sewed panels) for the okesa. The ideal situation as Tim Wicks has presented is longer & more regular sessions of sewing. Lets us know if you're able to do a more hefty sewing schedule and many thanks to all sewers!

We also want to recognize the great efforts of Craig Edelblut. Craig has been creating beautifully produced and polished RFPs for offering food at this event working with our Board and investigating options very attentively and professionally as well as seeing if a platform exists we can use on hand at SFZC for our ceremonial mountain ascent. We have heard rumor that it is maybe possible one once used at HSZC a long time ago may still be in existence, but not for certain and Craig has also been offering his loving attention to this investigative matter...

Our deepest gratitude to all who are helping to continue to move this project forward towards the ceremony happening.

Sangha Member Musing:

Tassajara Thoughts

David Bullock - 1989

Autumn slowly moves toward winter. Mornings are cold, hinting at the days to come but afternoons are still remembering summer. Our lives keep pace with the seasons, one thing following another. Zazen, meals, study, work, Zazen again-a day begun and ended. One day is much like another at Tassajara a repeating pattern that allows us, if we look closely enough, to see the details of our lives. Monastic life is simple and

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HSZC.org

check out our community events page for more events!

Get timely updates via **Twitter** as we work to revive this fast update model and see if we can utilize for a meet-up social opportunities too!

satisfying. We leave the world and go to the mountain,
we leave the mountain and enter the market place.

Different activities, but when practice sustains us,
Buddha's activity. "All things have their function, it is a
matter of use in the appropriate situation." How to find
Buddha's activity in each situation? Life at Tassajara
and life at Hartford Street may seem quite different.
Mending robes and studying Sutras are strange and
archaic actions to some. Cleaning up shit or dealing
with a drunk on the bus might be viewed as
uncomfortably mundane and necessary. So what's the
difference? By just completely giving myself to each
situation as best I can (including the attendant joy or
discomfort) I can begin to find an opportunity to express
Buddha's activity. These opportunities are endless.



Drinking tea, eating rice

Looking up at the
mountains

Looking down at the
stream

How serene and relaxed
I feel.

- Pao-tzu Wen-chi

Drinking martinis, eating
hamburgers

Looking up at the skyscrapers
Looking down at the trash.

Do I feel serene and relaxed?

- David



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May this newsletter find you well & filled with equanimity! _/_

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